Sexual Health

HIV Prevention

16 May 2012

- **Note to facilitator: consider showing your audience the film “HIV and Me” prior to using this PowerPoint slide set.**
- **Get “HIV and Me” film**
  - **SHARP Toolbox CD – Navy and Marine Corps Public Health Center mailto:sharp@nehc.mar.med.navy.mil or call 757-953-0974**
  - **DVD, CD or VHS of the film from Defense Imagery at http://www.defenseimagery.mil/imagery.html Order item # 806799**

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS

- No cure
- No vaccine
- 1 million Americans are living with it
- 200,000 don't know they have it
- 50,000 Americans are newly infected each year

Overview

- Who is at Risk of Getting HIV?
- How Is HIV Transmitted?
- How Will HIV Affect My Life?
- How Can I Avoid Getting HIV?

Overview

Upon completion of this lesson, you will be able to:

- **Identify who gets HIV**
- **Identify how HIV is spread**
- **Identify how HIV can affect life**
- **Identify how to avoid getting HIV**

- **Who is at Risk of Getting HIV?**
- **How Is HIV Transmitted?**
- **How Will HIV Affect My Life?**
- **How Can I Avoid Getting HIV?**

Who is at Risk of Getting HIV?

Anyone exposed to the virus can become infected

Among men:

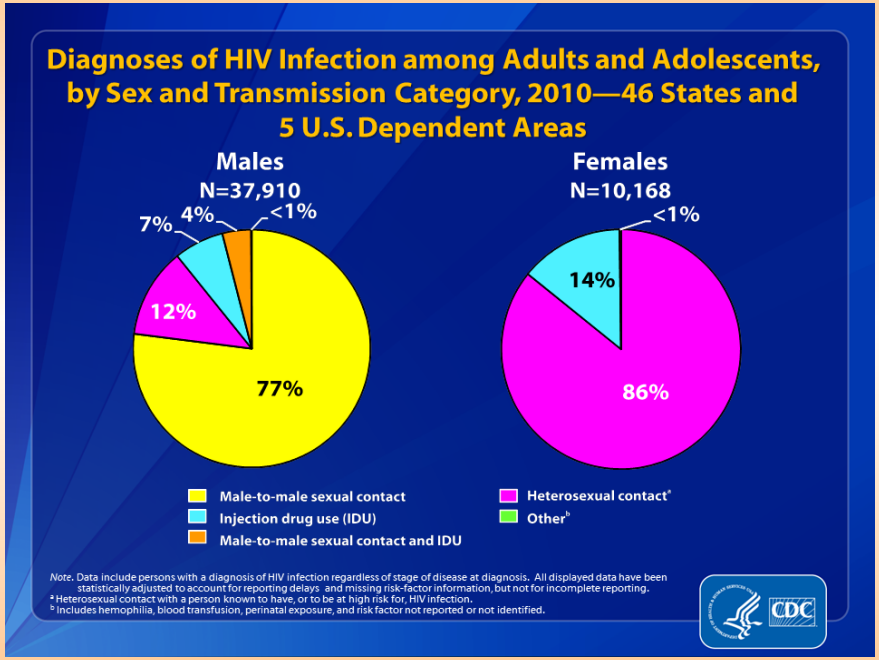
- 12% got HIV from sex with a woman

- 77% got HIV from sex with a man

-Men who have sex with men are much more likely to get HIV than are men who have sex with women only because:

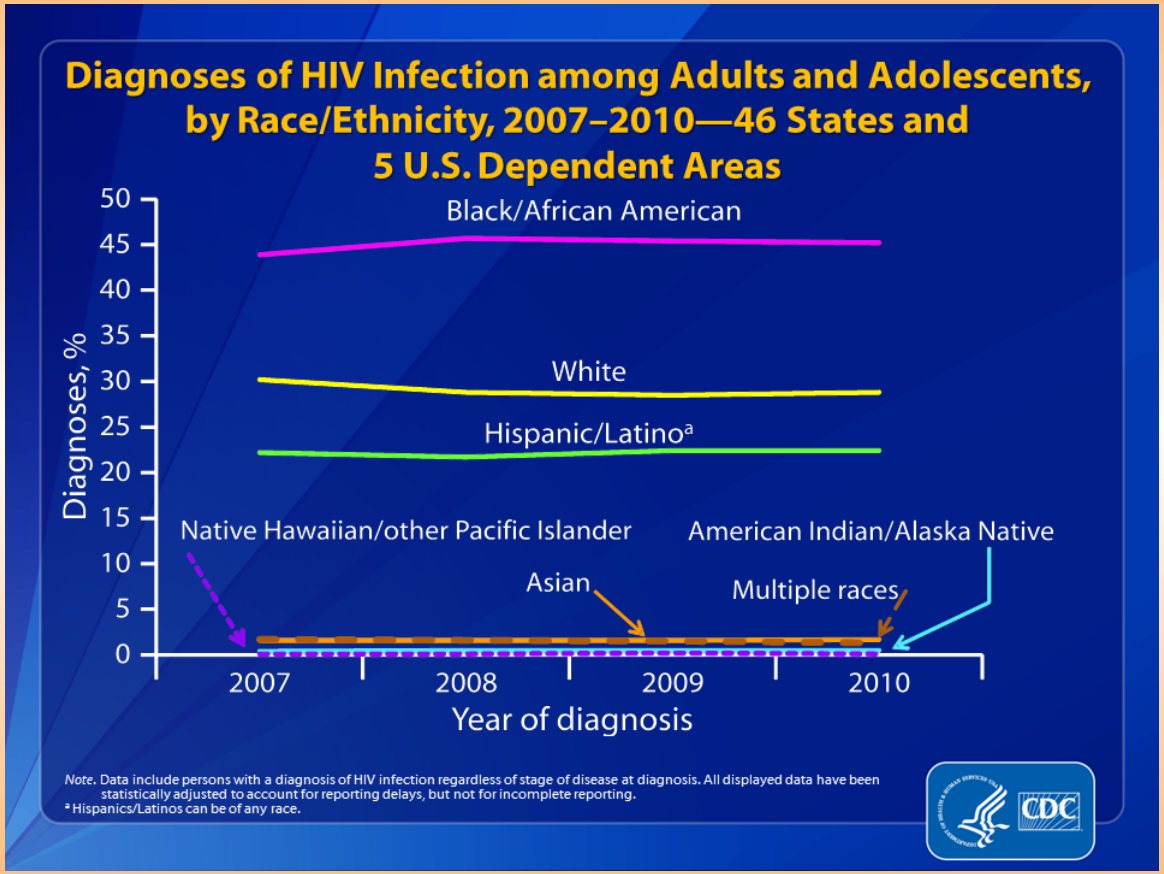
- **anal sex is very risky**
- **as many as 1 in 5 men who have sex with men in the U.S. are living with HIV**

Among women, 86% got HIV from sex with a man


Diagnoses of HIV Infection among Adults and Adolescents, by Sex and Transmission Category, 2010—46 States and 5 U.S. Dependent Areas
Males
N=37,910
7%
4%
<1%
12%
77%
Females
N=10,168
<1%
14%
86%
Male-to-male sexual contact
Injection drug use (IDU)
Male-to-male sexual contact and IDU
Heterosexual contact[a]
Other[b]
Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting delays and missing risk-factor information, but not for incomplete reporting.
[a] Heterosexual contact with a person known to have, or to be at high risk for, HIV infection.
[b] Includes hemophilia, blood transfusion, perinatal exposure, and risk factor not reported or not identified.
CDC

Who is at Risk of Getting HIV?

In the U.S., black men and women become infected with HIV at higher rates compared to



Who is at Risk of Getting HIV?
Sailors & Marines

Since 1985, nearly 6,000 active duty Sailors & Marines have been infected with HIV

- **85-100 newly infected each year**
- **500 HIV positive members are currently on active duty**

Who is at Risk of Getting HIV?

- **Anyone who has sex with or shares needles with a person who has HIV can get HIV**
- **Officer and Enlisted Sailors and Marines have become infected regardless of their gender, sexual orientation and ethnicity**
- **In the U.S. in recent years, 1 of 4 people who was newly infected with HIV is a woman**
  - **Active duty female Sailors and Marines get HIV, but this happens at lower rates than in the US population**

Who is at Risk of Getting HIV?

- **Some people assume sex with a Sailor or Marine is "safe" because Sailors and Marines are tested regularly for HIV**

- **But this is a *myth* because…**

  - **Active duty members are tested every other year, but…**
  - **Testing does <u>not protect</u> a person from getting HIV and …**
  - **Sailors and Marines who get HIV may remain on active duty**

- ☑ Who is at Risk of Getting HIV?
- ☐ **How Is HIV Transmitted?**
- ☐ How Will HIV Affect My Life?
- ☐ How Can I Avoid Getting HIV?

How Is HIV Transmitted?
In Body Fluids

- Semen
- Vaginal fluid
- Blood
- Rectal (anal) mucous
- Breast milk

How Is HIV Transmitted?

Modes of Transmission in U.S.	
Most Common	**Less Common**
#1 – Unprotected sexual contact	**Blood transfusions (rare in US)**
Sharing needles	**During birth or breast feeding (rare in US)**

How Is HIV Transmitted?

- **All unprotected sex (no condom) is risky**
- **Whoever receives the fluids is at greatest risk, so…**
  - Receptive sex is riskier than insertive sex
- **Anal sex is riskier than vaginal sex**
- **Vaginal sex is riskier than oral sex**

How Risky for HIV?

Receptive anal sex

High Risk

Insertive anal sex

Receptive vaginal se

Insertive vaginal sex

Receptive oral sex*

Insertive oral sex*

Some Risk

How Is HIV Transmitted?

- **HIV is NOT transmitted through saliva, tears, hugs, handshakes or on the surfaces of inanimate objects like tools, telephones, toilet seats, etc.**

- **HIV is NOT transmitted through food, water or insects**

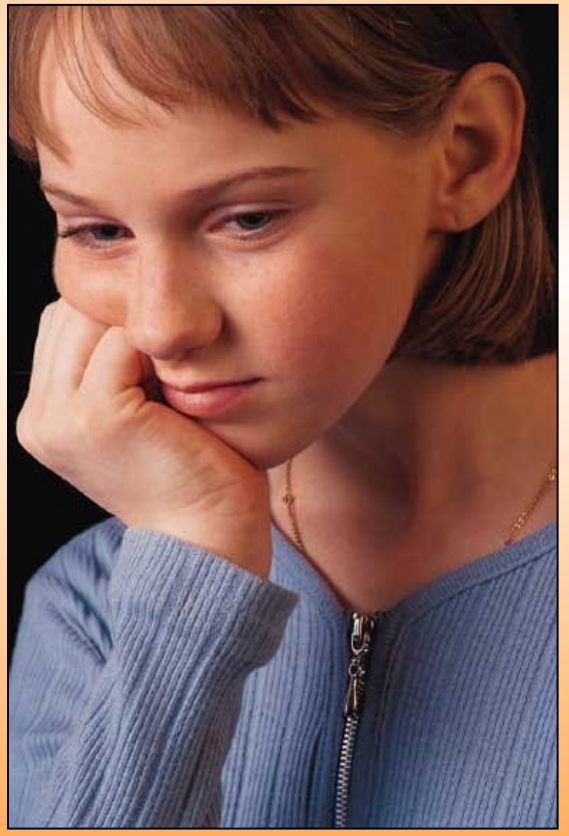
- ☑ Who is at Risk of Getting HIV?
- ☑ How Is HIV Transmitted?
- ☐ **How Will HIV Affect My Life?**
- ☐ How Can I Avoid Getting HIV?

How Will HIV Affect My Life?

Introduction

Your world will be forever changed:

- **Personally**
- **Professionally**



How HIV Can Affect My Life…

Personally

HIV could impact your

- **Health**
- **Relationships**
- **Family**

How Will HIV Affect My Life?

Your <u>health</u> will be affected. ***Personally.***

"I don't feel like doing anything. . .because I'm so fatigued from these meds that they give me."

— HIV-positive Sailor

How Will HIV Affect My Life?

Personally

Your sexual <u>relationships</u> could be affected.

You *must*:

- **Inform past and current sex partners about your HIV status so they may be tested**
- **Inform any potential new sex partner about your HIV status *before* intimacy**
- **Use a condom or abstain from sex**

How Will HIV Affect My Life?

Personally

"HIV has affected my personal relationships in a really big way. Where I was able to date freely before, you know, go out and just meet people and not have any secrets to tell them, now it feels like a big secret."

— HIV-positive Sailor

How Will HIV Affect My Life?

Personally

"HIV has impacted my relationship with my partner in ways I never imagined. The issues involved with intimacy, sex, family planning, and risks have created barriers (both real and perceived) that impact the very essence of our relationship."
— HIV-positive Sailor

How Will HIV Affect My Life?

Personally

Your relationships with your <u>family, friends, and colleagues</u> may be affected.

"I haven't told my family yet because I just don't want to worry them. My folks are old, and they don't need to worry about this right now. I know that this would be very disappointing to them."
— HIV-positive Sailor

How Will HIV Affect My Life?

Professionally

Your career may be affected if:

- **Assigned only to non-deployable billet**
- **CONUS or Hawaii**
- **No commissioning opportunities**

"Prior to me finding out about my HIV status I was in pursuit of a commissioning program. My HIV status now disqualifies me from becoming a commissioned officer. So that was pretty hard because that was my ultimate goal, coming into the Navy." — HIV-positive Sailor

- ☑ Who is at Risk of Getting HIV?
- ☑ How Is HIV Transmitted?
- ☑ How Will HIV Affect My Life?
- ☐ **How Can I Avoid Getting HIV?**

How Can I Avoid Getting HIV?

HIV is preventable!

Know the facts – act on these facts – and reduce your risk of get

How Can I Avoid Getting HIV?

Delay Sex

One way to avoid getting HIV is to say no sex; or delay sex until another time in your life.

How Can I Avoid Getting HIV?

Outercourse rather than Intercourse

- **You can show affection without having sex**
  - **Outercourse is anything that is non-penetrative**
  - **For example: hugging, kissing, massage, holding hands, love letters, phone calls**
- **Outercourse is much safer than intercourse**

How Can I Avoid Getting HIV?

Practice Monogamy

Only have sex in a long-term, mutually monogamous relationship.

For this to wor
both partners
must be faithf

How Can I Avoid Getting HIV?

Practice Mon

A monogamous relationship should be long term and well-established.

How Can I Avoid Getting HIV?

Practice Monogamy

- **Some people have monogamous relationships with every person they date; but their relationships are short term**
- **These people may think they are “safe,” but they may not be**
- **Many short-term relationships involving sex without condoms, even if they are monogamous, means exposure to many people over time**

How Can I Avoid Getting HIV?

Practice Monogamy

Don’t make the mistake that so many couples do and use a condom only the first time and then stop because “you’re a couple now.”

How Can I Avoid Getting HIV?

Practice Monogamy

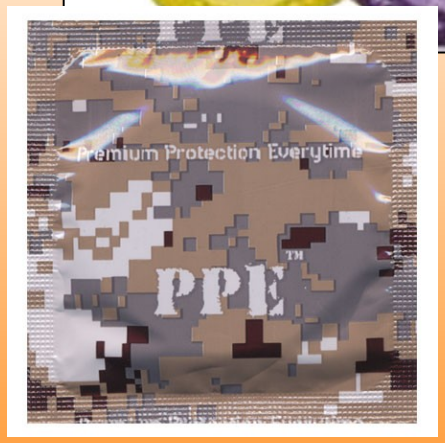
Continue using condoms until your new relationship has had time to develop into one of mutual trust.

Then, consider getting tested for HIV together.

How Can I Reduce My Risk of Getting HIV?

Use condoms correctly and every time

- **If saying no to sex and monogamy are not right for you at this time in your life, you can reduce your risk:**
  - **always have condoms readily available, and**
  - **use a condom *correctly* *<u>every time</u>* you have sex.**



How Can I Reduce My Risk of Getting HIV?

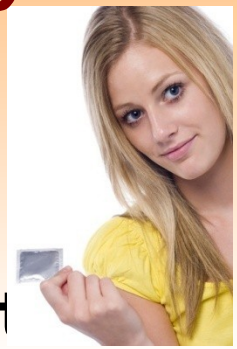
Use condoms correctly and every time

Condoms require some advance planning.

Male or female, if you are sexually active, have condoms with you; *your* health is *your* responsibility.

How Can I Reduce My Risk of Getting HIV?

Use condoms correctly and every time



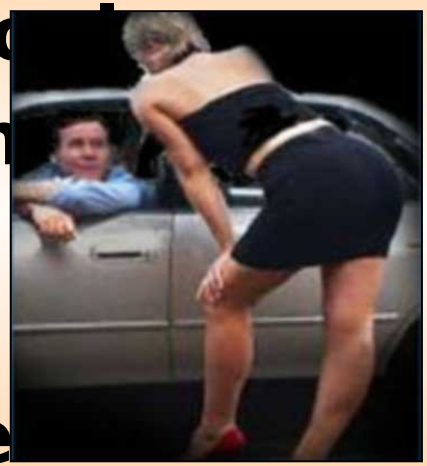
Always:

- **Use a new condom for each act of vaginal, anal, or oral intercourse**
- **Put the condom on *before* penetrat**
- **Unroll the condom by pinching the tip of the condom to create space at the tip**
- **Do NOT use oil-based lubes like Vaseline or baby oil with latex condoms**
- **After ejaculation, hold the condom firmly at the base of the penis and withdraw while erect**

How Can I Reduce My Risk of Getting HIV?

In <u>addition</u> to using a condom, <u>reduce</u> risk by:

- **Have sex with fewer pe**
- **Avoiding high-risk partn**
  - **people who accept money for sex**
  - **People who may have had multiple partners**
- **Avoid highest risk sex acts**
  - **Riskiest is unprotected receptive anal sex**



How Can I Reduce My Risk of Getting HIV?

Alcohol clouds your judgment, making you susceptible to bad decisions.

Avoid or limit your drinking to keep a clear head so you can stick to your HIV-prevention pla

Summary of Risk Reduction Options

You can <u>eliminate</u> HIV risk:

- **Delay sex until another time in your life**
- **Have outer-course rather than intercourse**
- **Practice monogamy with an uninfected partner / be faithful**

You can <u>reduce</u> HIV risk:

- **Use and use condom every time**
- **Have sex with fewer people**
- **Don’t trade money for sex**
- **Avoid sex with people who may have had many other sex partners**
- **Avoid high risk sex acts**

Stay sober and in control

Remember:

- **Anyone can get HIV, especially those who are sexually active**
- **If you get HIV, your personal life and career change forever**
- **HIV is preventable**
- **Your choices determine your risk of getting HIV**

Summary

- ☑ Who is at Risk of Getting HIV?
- ☑ How Is HIV Transmitted?
- ☑ How Will HIV Affect My Life?
- How Can I Avoid Getting HIV?

Comments or questions may be sent to:

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SHARP – ‘Chart a safe Course’